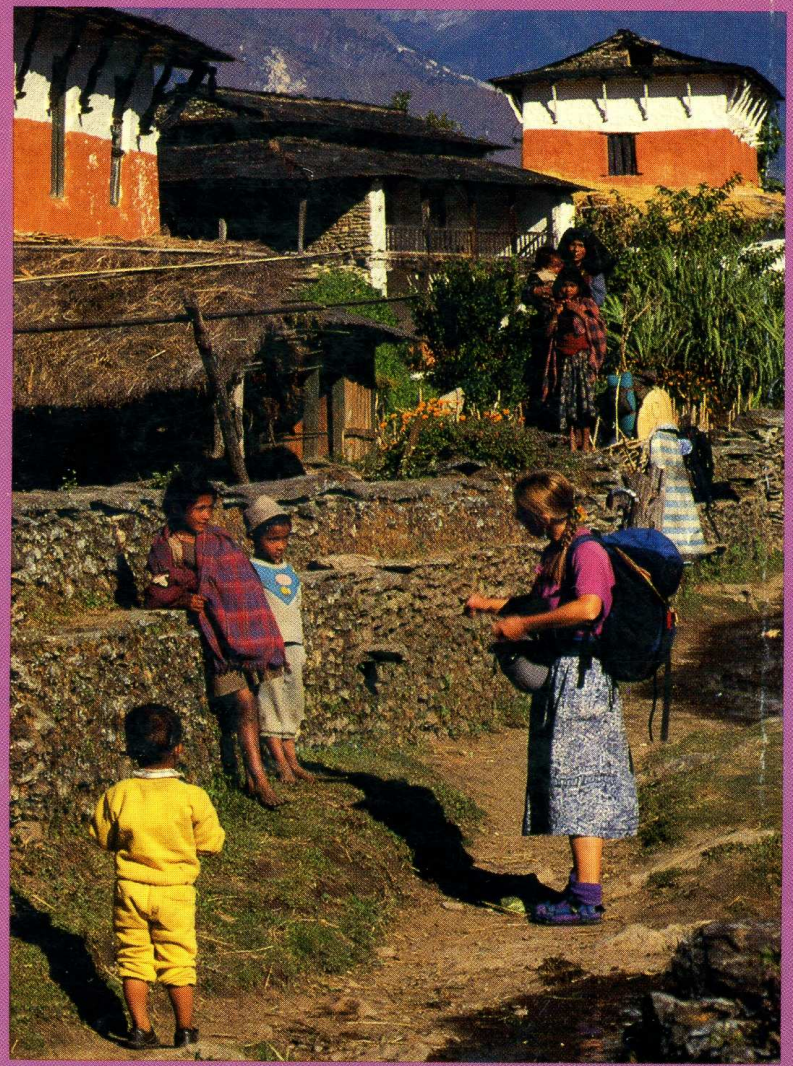
LANGUAGE TAPE & PHRASE BOOK

NEPALI for Trekkers

STEPHEN BEZRUCHKA



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A basic knowledge of the Nepali language can help you expand your understanding of a complex, fascinating land, and give the people of Nepal a good impression of yours.

This comprehensive phrase book includes pronunciation, grammar notes, and common Nepali words and phrases, with pauses to allow the listener to practice. The ninety-minute, easy-to-use tape covers not only the material in the phrase book, but additional Nepali terms and place names as well. Words and phrases are spoken by a native Nepali, ensuring accuracy and authenticity.

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- Common words and phrases
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- Grammar notes
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NEPALI for Trekkers

by
Stephen Bezruchka

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Contents

Pronunciation L2
Grammar Notes L4
Practice Before You Go L10
Word Lists L13
English Loan Words to Nepali L24
Questions L24
Answers L24
Thank You L25
Phrases L25
Ask and You Will Not Get Lost L26
Talking to Porters L29
Finding a Place to Eat or Stay L33
Food L36
Paying L38
Getting Someone's Attention L38
Time L39
To Begging Children L40
Miscellaneous L41
Emergencies L47
Language Tape L48

To speak a foreign language well . . . we must imitate and mimic the whole time. We must never imagine that our efforts will be laughed at. There are so many dialects . . . that speaking incorrectly does not sound so odd as it might in another country.

G.G. Rogers, *Colloquial Nepali*

Preface

The concept of a Nepali language tape for trekkers was born in 1982, as part of preparations for an Everest expedition in which I was a participant. I felt the other climbers would be better off speaking some Nepali to people along the way, as well as to our Sherpa companions and other Nepali staff. That idea developed into a tape sold by mail order. I experimented with a variety of formats and talking speeds, using different speakers. Filling the orders, usually after a busy night's work, was especially enjoyable as I read the comments people sent along. With wider distribution of the tape and an accompanying pocket-sized language book, I hope to get even more trekkers to use the language in order to have a more intimate experience with the people of Nepal.

In Nepal there were more than thirty-five languages spoken, belonging to two major language families, Sino-Tibetan, and Indo-European. Nepali, the national language, is Indo-European, Sanskrit-based, and is related to the languages of the surrounding parts of India. Only half of the Nepalis speak it as their first tongue, so chances are that many of the people the trekker will communicate with are speaking their second language. Perhaps only 20 percent of the population can read, so you won't have much of a handicap with only spoken-language skills.

The best advice I can give to the trekker is to make an attempt to speak Nepali wherever he or she can. Don't be afraid to make mistakes. Trekkers always find that they have a more intimate experience in the country and are better off for doing so.

With the accompanying tape, first listen to the sounds of the language and play it over at leisure, getting a feeling for the way it is spoken. Then begin to try saying the words. Play the tape in your car as you wait in traffic, or on your personal tape player as you run along the

road, getting in shape for trekking. Soon you will be able to say the phrases more quickly, and you will sound less awkward. Practice with other people, and try some dialogue. Perhaps there is a Nepali speaker around, a former Peace Corps volunteer, or a native Nepali. You could contact the Nepalese embassy in Washington, D.C., to learn the names of some local resident Nepalis. Or contact the Peace Corps for the names of former volunteers living near you. Take the tape to Nepal with you, and at the end of a long day on the trail, play it and learn more.

In initial versions of the language chapter, I only included vital phrases for logistics and trail finding. People wrote saying they wanted simple phrases for ordinary conversation. So there is some such material present. You will find that there is a typical dialogue spoken among strangers as they get to know one another. It starts with, "Where are you going?"and, "Where have you come from?" But it can quickly become more personal, especially regarding your family. Nepalis are eager to share information, and you are encouraged to reciprocate. Carry pictures of familiar surroundings to let new friends look at. Consider trading English lessons for Nepali. At the end of the book is a questionnaire. Please let me know what other words and phrases you would like to say, or would find useful, in order to improve future editions of this book. I hope that this tape and booklet will be helpful adjuncts to improving your stay in Nepal.

Nepali for Trekkers

Refusal to accept anybody else's language as worth knowing reflects the same narrow-gauge kind of head, the same stubborn ignorance as that of the fundamentalist I heard about who denounced people speaking in other tongues, saying "If English was good enough for Jesus Christ, it's good enough for them." The story is apocryphal in both senses.

Flora Lewis

Nepali is an Indo-European language that is easy to learn. Here an attempt is made to introduce the trekker to enough Nepali words and phrases to get by in the hills. It is especially advisable for those trekking without an English-speaking guide to make some effort to learn minimal Nepali. But trekkers constantly tell me how their attempts to speak Nepali even when trekking with guides provide intimate, unforgettable experiences with the country that others, who don't make the effort, miss. Indeed, as more and more Nepalis speak some English, the trekker who tries to speak the native language will be welcomed much more warmly.

The language presented in this section is definitely a basic form of hill Nepali, not at all the language spoken by the educated or the Hindu castes, who use a more Sanskritized form. But it is an appropriate form for the trekker.

This is a pocket-sized version of the language material appearing in the 6th Edition of *Trekking in Nepal: A Traveler's Guide*. The accompanying language tape contains all the spoken material in this booklet. I have talked to trekkers, unaware of who I was, who seemed to be speaking Nepali much better than I would expect a tourist to do, and learned that they had studied from the tape produced for previous editions. These trekkers felt it made a considerable difference in how they were received by their Nepali hosts. While preparing for your trek, use the tape to get a feeling for the sounds of the language and to learn some basic words

and phrases. If you bring a small tape recorder with you, bring the tape and use it as a reference when needed.

Besides this material, immersing yourself in the language when in Nepal is the best way to learn it. Consider trading English lessons for Nepali ones with your porters. If you are especially motivated to study when back home, you might extend this section by befriending a Nepali, or a former Peace Corps volunteer, and practicing.

PRONUNCIATION

Nepali is written in Devanagari script, but a system of transliteration to the Roman script is used here. Many of the letters denote their usual sounds and only the special sounds are described.

Stress

The stress usually falls on the first syllable **(chaá mal)** unless the first syllable has a short vowel and is followed in the second syllable by a long one. Then the stress falls on the second syllable **(pa kaaú nos). The single most common pronunciation error made by the beginning student is NOT putting the emphasis on the first syllable.**

Vowels

a like the *a* in *balloon*. Never like the *a* in *hat*.

aa long like the *a* in *father* or *car*.

i like *ee* in *beer*, the short and long forms pronounced similarly.

u like *oo* in *mood* or *root*, again with the long and short forms similar. Never like the *u* in *mute*.

e like *a* in *skate* or like the French *e* in *café*.

ai a diphthong with the first element like the *a* in *arise* and the second like the *y* in *city*. Together, somewhat like the *ay* in *laying*, but not like the sound of the word *eye*.

au a diphthong in which the first element is like the *a* in *arise* and the second like the *u* in *put*.

o like *o* in *bowl* or *go*.

aau, aai, and **eu** not diphthongs, but vowels pronounced separately one after the other.

Capitalized Vowels

Capitalized vowels **(A,E,I,O,U)** indicate nasalization of that sound.

Dental and Retroflex Consonants

The idea with retroflexed consonants is to make the sound further back in the mouth, compared to the dental, which are made much more forward.

t pronounced unaspirated, with the tip of the tongue on the teeth as in the French *petite*.

T like the *t* in *little*, with the tongue slightly bent back when it meets the roof of the mouth.

d dental like the French *d*, in which the blade of the tongue is pressed behind the upper teeth.

D pronounced with retroflexion of the tongue. Turn the tongue back in the mouth, press the underside of it against the palate, and pronounce the *d* in *dog*.

R also pronounced with retroflexion of the tongue.

Aspirated Consonants

Nepalis differentiate between aspirated and unaspirated consonants. This is quite difficult for native English speakers. Aspiration is indicated by an *h* following the consonant. Consciously avoid breathing hard or aspirating on the consonants that are not followed by an *h*.

The exception to the above rule in the transliteration scheme employed in this book applies to *ch* and *chh*. Only the latter is aspirated.

chh press the blade of the tongue behind the upper teeth and try to say *ts*. At the same time exert strong breath pressure so that when the tongue is released

from the teeth, there is a loud emission of breath. Listen to a native Nepali speaker. It is like the *tch-h* in pi*tch h*ere.

ch the unaspirated form as in *chalk, Chinese.*

Miscellaneous

k like *c* in *cat.*

y like *y* in *yeast.*

s like *s* in *song.*

j press the blade of the tongue against the upper teeth with the tip of the tongue pointed down and say *j* as in *January.* It is somewhat like *dz* and is especially found in words coming from Tibetan dialects.

ph like *f* in *full.*

p less aspiration than **ph** (more like **p** than **f**).

Other consonants should present little difficulty. When two consonants come together, be sure to pronounce them individually.

GRAMMAR NOTES

Listening to and practicing the sounds of Nepali are basic to communication in the country. Next, you need some vocabulary and the ability to speak in phrases. To help you, lists of useful words and phrases are given later in the section. In this regard, too, the language tape offers invaluable assistance. In addition, you can adapt the sample phrases to your particular needs by following the indicated sentence structure and plugging in other words from the vocabulary lists. At some point, however, you may want information on grammar to increase your fluency. You will find such information in this section. You don't have to get bogged down in this material until the need arises because you can do quite well by just learning the sounds and phrases.

Sentence Structure

Subject-object-verb is the usual order in Nepali. This holds true for questions as well; a rising vocal pitch at the end of the sentence indicates the interrogative mode.

Plurals and gender can be neglected by the trekker, as they often are by Nepalis. Verbs are declined and, for the trekker, a few tenses and forms will suffice. Nouns and pronouns used as subjects of transitive verbs in the past tense have the suffix **-le.**

Pronouns

I	**ma**
we	**haami**
he, she, it (familiar)	**u**
he, she (polite)	**uahAA**
they (familiar)	**uniharu**
they (polite)	**wahAAharu**
you (familiar)	**timi**
you (polite)	**tapAAI**

Trekkers should always use the polite forms of address, except with children and animals. I'll never forget the time I addressed a dog using the polite honorific. The laughter roared throughout the entire village.

Verbs

Verbs are listed in the infinitive form, ending in **-nu.** A neutral form used with any pronoun, or noun subject, whose tense is near the present is formed by changing the **u** to **e,** e.g.,

jaanu to **jaane** meaning, go

ma kaaThmaanDu-maa jaane meaning, I am going to Kathmandu;
I Kathmandu to go

or,

tapAAI kahAA jaane? meaning, where are you going?
you where go

This last example is formally incorrect but tolerable from a foreigner.

Polite imperatives are formed by deleting the **-e** from the infinitive and adding **-os,** e.g.

dinu, to give	in;	**chiyaa dinos**	meaning, please give tea.
		tea please give	

Negatives can be formed by prefixing **na-** to the verb, in this imperative form, e.g., **naaaunos** meaning, don't come.

For the most part, the above verb usage is sufficient for many trekking purposes. More information is included for language lovers, and to help interpret what you hear.

The present tense is made by deleting the **-nu** from the infinitive and adding one of the following suffixes (the example used is the verb **garnu,** meaning to do):

		Affirmative	Negative
I	**ma**	**garchhu**	**gardinA**
we	**haami**	**garchhAU**	**gardainAU**
he, she (familiar)	**u**	**garchha**	**gardaina**
he, she (polite)	**uhAA**	**garnu hunchha**	**garnu hunna**
they (familiar)	**uniharu**	**garchhan**	**gardainan**
they (polite)	**wahAAharu**	**garnu hunchha**	**garnu hunna**
you (familiar)	**timi**	**garchhau**	**gardainau**
you (polite)	**tapAAI**	**garnu hunchha**	**garnu hunna**

There are actually slight differences depending on categorizations of the verb stem, but we shall neglect this detail.

The first perfect participle (e.g. having gone), formed by deleting **-nu** from the infinitive and adding **-eko,** can be a general purpose past and present progressive tense. The formation is slightly different for verbs whose infinitives end in **-aaunu, -anu,** or **-unu.** The respective forms usually replace with **-aaeko, -eko,** and **-eko.** The form of the verb to go, **jaanu,** is **gaeko,** and that of the verb to be,

hunu, is **bhaeko.** The negatives are formed by prefixing **na-,** except for **bhaeko,** which is **bhaena.** For polite expressions, use the infinitive and **bhaeko,** or **bhaena,** e.g.,

tapAAI	**kahAA**	**baaTa**	**aaunu bhaeko**	meaning, where have you come from?
you	where	from	to come have	

The verb "to be" is special and has two forms. One form has no infinitive; its third person singular is **chha,** meaning there is or it is, or in the past tense **thiyo.** It indicates possession, or location. Negatives are **chhaina** and **thiena,** respectively, e.g.,

kitaab	**tyahAA**	**chha**	meaning, there is the book.
book	there	is	

The other verb to be, **hunu,** has the present form **ho,** and the past **bhayo,** with negatives **hoina** and **bhaena,** respectively. It defines, e.g.,

mero	**desh**	**kaanada**	**ho**	meaning, I come from Canada.
my	country	Canada	is	

Confusion may arise as to which to use, and the full declension is not given. Most Nepalis will understand what you are trying to say.

Future tenses vary depending on the likelihood of the action happening. For the spoken language, the form usually used adds suffixes; using the verb **garnu,** meaning to do, as an example:

I	**ma**	**garUlaa**	meaning, I (probably) will do
we	**haami**	**garAUlaa**	
he, she (familiar)	**u**	**garlaa**	
they (familiar)	**uniharu**	**garlaan**	
you (familiar)	**timi**	**garaulaa**	

The easiest way to form the negative is to prefix **na-** to the appropriate form of the verb. For the polite forms, use the imperatives mentioned earlier. The form mentioned earlier, ending in **-ne,** is suitable for the future tense as well, e.g.,

kahile jaane
when will you go?

Miscellaneous Verbs

The verb **hunchha,** used following an infinitive at the end of an interrogative sentence (indicated by rising voice inflexion) can mean: Is it okay to _____?

ghar bhitra aaunu hunchha? meaning, can I (implied) go inside the house?
house inside to go is it okay?

To express can or may, in a sense of physical possibility, you use the infinitive end in **-na** rather than **-nu,** and follow it by a form of the verb **saknu** (to be able to do), e.g.,

baaTo maa chhirna sakchha? meaning, Is it possible to get through
trail on to get through it is possible? on the trail?

Similarly, to express "must," use the infinitive ending in **-nu,** and the verb **parchha,** e.g.,

bholi aaram garnu parchha meaning, I (implied) must rest tomorrow
tomorrow rest to do must

The phrases **man parchha** and **man laagchha** both mean like. All of the verbs in this section are used with subjects that have the suffix **-laai,** e.g.,

malaai Nepal man parchha meaning, I like Nepal
me (to) Nepal like

Prepositions

In Nepali, prepositions are *post* positions; that is, they are suffixed to the noun.

in, on, to, at(locating)	**-maa**
to, for	**-laai** (this is also added to the subject of impersonal verbs)

e.g., **ma-laai paani chaahinchha** meaning, I need water
me for water needs

for the sake of	**-laagi**
from	**-baaTa**
inside, in	**-bhitra**
around (approximately)	**-tira**
outside	**-bahira**
before	**-agaaDi**
with	**-sita, -sAga**
under, below	**-tala**
of (indicating possession)	**-ko**
after	**-pachhi**

With some pronouns, the word is changed somewhat.

mine	**mero**
whose	**kasko**
yours (familiar)	**timro**
for me	**malaai**
for this	**yasko**
yours (polite)	**tapAAIko**
his, hers (familiar)	**usko**
theirs (polite)	**wahAAko**

With this skeleton of grammar, you should be better able to understand the phrases in this section and modify them to suit your needs.

PRACTICE BEFORE YOU GO

To acquire a language is to learn the spoken utterance. The natural receptive medium is therefore the ear, not the eye. It is an art very much akin to music.

G.G. Rogers, *Colloquial Nepali*

The following may seem formidable if you are just going on a short trek. Do not be daunted. It is here in case you need it. You will find, however, that a minimal knowledge of the language is indispensable on the trail, where most people normally cannot speak or understand much English, especially if you venture off the usual trekker-frequented routes.

If you have a few days in Kathmandu before you set off, you can practice a little in a familiar and exceedingly helpful environment.

First, ask your hotel receptionist or some friendly waiter in a restaurant you frequent to read the word list to you. Repeat it after him until you get a feel for the pronunciation. This should take about 15 minutes and will probably make you instant friends with your Nepali helper. Then try it out. For example, practice your Nepali in a restaurant.

Say:

chiyaa	**dinos**
tea	please give me

or:

bill	**dinos**
bill	please give me

or:

menu	**dinos**
menu	please give me

Later when it is time to pay, say:

khaanaa	**-ko**	**kati?**
food	for	how much

raising your voice pitch at the end of the sentence to indicate a question. Have the person answer in Nepali rather than English. People are usually more than happy to repeat the Nepali number for you and translate it into English. If you feel clumsy or shy about any of this, always smile. It works like magic to ease every situation. Smiling is the Nepali way of getting over tense or slightly embarrassing situations.

When you go to a bazaar and wish to buy an item, point to it and say:

yasko	**kati?**
for this	how much?

The person may answer in Nepali or English, but try to come away from the transaction able to understand the Nepali number.

If you do this each time, you should soon be able to understand spoken Nepali numbers, or at least the main ones. This is a tremendous asset on the trail, where people often do not know the English numbers.

If you do not understand, or want something repeated, say:

hajur
excuse me

By the time you reach this stage, you will already be experiencing the hospitality that even the tiniest knowledge of Nepali inspires.

Now try asking for directions:

paaTan	**jaane**	**baaTo**	**ho?**
Patan	going to	road	is it?

meaning: Is this the road to Patan? On the trail, where there are no road signs, this direction-finding question is essential.

Now add some vocabulary to the skeleton. If you do not want much food, say:

ali ali	**dinos**
very little	please give

Ask for **dhai** instead of yoghurt, **paani** instead of water. Ask for the time, bargain, use the terms of address.

By asking questions in Kathmandu, you can get used to hearing some of the many types of responses. Basic communication in Nepali will lose some of its terrors, and you will be far more competent in dealing with situations in the non-English-speaking world on the trail.

It's easy. Now go straight to your hotel receptionist and begin reading the word list with him.

There are opportunities for language instruction in Kathmandu. Among organizations that may help you locate instructors or language classes are:

Nepal Studies Center in Naxal, phone 412488
Experiment in International Living in Gyaneshwar, phone 414516
United Mission to Nepal in Thapathali, phone 212179
University of Wisconsin Program, phone 415560
International Community Services in Phora Durbar, phone 222593.
Universal Language Institute, Puthali Sadak, phone 418599, 419443
Horizon Language Institute, Kamaladi, phone 226919, 226548.

While trekking in the hills, trade Nepali lessons for English lessons among people you meet when you stop to eat or sleep.

Word Lists

Food

apple	**syaau**
banana	**keraa**
beans	**simi**
beer	**biyar**
	jAAR (Nepali)
	chang (Tibetan)
	tOmba (fermented millet mash)
biscuits	**biskooT**
bread (loaf of leavened variety)	**pau roti**
(unleavened)	**roti, chapaati**
cabbage	**bandaa kopi**
carrots	**gaajar**
cauliflower	**kaauli**
cheese (dried protein)	**churpi**
chilies	**khursaani**
coffee	**kaphi**
corn	**makai**
cucumber	**kAAkro**
eggs	**phul**
boiled eggs	**umaaleko phul**
feast	**bhoj**
fish	**maachhaa**
flour	**piTho, aaTa**
white flour	**maidaa**
whole wheat flour	**gahUko piTho**
food (usually referring to rice)	**khaanaa, bhansa**
fruit	**phalphul**

garlic	**lasun**
ginger	**aduwaa**
greens (spinach)	**saag**
guava	**ambaa, belauti**
lemons	**nibuwaa**
lentils	**daal**
limes	**kaagati**
mangoes	**AAp**
meat	**maasu**
buffalo	**rAAgoko maasu**
chicken	**kukhurako maasu**
goat	**khasiko maasu**
dried goat	**shikaar, sukurti**
pig	**sUgurko maasu**
milk	**dudh**
millet	**kodo**
noodles	**chaauchaau**
noddle soup	**maggi** (actually a brand name)
oil	**tel**
okra	**raamtoriyaa**
onions	**pyaaj**
oranges (tangerines)	**suntalaa**
peanuts	**badaam**
popcorn	**murali makai**
potatoes	**aalu**
sweet potato	**tarul**
pumpkin	**pharsi**
radish	**mulaa**
relish (chutney)	**achaar**
rice (paddy)	**dhaan**
(uncooked but harvested)	**chaamal**
(cooked)	**bhaat**
rice and lentils	**daal bhaat**

roasted flour	**saatu** (Nepali) **tsampa** (Tibetan)
salt	**nun**
samosa (Indian food in lower bazaars)	**sIgaaDa**
snacks	**khaajaa**
soybeans	**bhaTmaas**
spices	**masalaa**
spirits (distilled)	**rakshi**
sugar	**chini**
sweets	**miThaai**
tea	**chiyaa**
tomatoes	**golbhEDa**
vegetables	**tarkaari, sabji**
water	**paani**
drinking water	**khaane paani**
boiled water	**umaaleko paani**
hot water	**taato paani**
washing water	**dhune paani**
whey	**mAI**
yoghurt	**dhai**

Other Useful Nouns

airport	**giraund**
baby	**naani, bachcho**
basket (for porter)	**Doko**
bicyclist (Westerner with modern 10-18 speed)	**girwaala**
binoculars	**durbin**
book	**kitaab**
bottle	**sisi**

boy (adolescent)	**keTo**
bridge (good structure)	**pul**
(makeshift)	**sAAghu**
buffalo, male	**rAAgo**
female	**bhAIsi**
candle	**main-batti**
cat	**biraalo**
carpet (Tibetan)	**galenji**
cave	**wodaar**
children	**keTaa-keTi**
clothes	**lugaa**
cow	**gaai**
cup	**gilas, kap**
curved (referring to trail)	**ghumaaune**
daughter	**chhori**
day	**din**
distance unit (2 mi, 3 km)	**kosh**
dog	**kukur**
downhill	**oraalo**
earthquake	**bhUIchaal**
elephant	**haatti**
elephant driver	**phanit**
expensive	**mahAgo**
festival	**jaatra**
fire	**aago**
firewood	**daauraa**
flat area	**maidhan**
floor	**bhUI**
flower	**phul** (same as word for egg)
foot	**khuTTo**
foreigner	**bedeshi**
fork (table)	**kAATaa**

fork (of road)	**dobaaTo**
forest	**ban**
friend	**saathi**
my friend	**mero saathi**
girl (adolescent)	**keTi**
(younger)	**naani**
government (of Nepal)	**shri pAAch ko sarkaar**
help	**madat**
hill	**lekh, pahaaD, DAADa**
horse	**ghoDaa**
hot springs	**taato paani**
house	**ghar**
husband	**shriman, logne, pati**
inn, lodging	**bhaTTi**
kerosene	**maTTitel**
knife (small)	**chakku**
(large, traditional knife of Nepal)	**khukuri**
lake	**pokhari, taal**
landslide	**pairo**
leech	**juga**
left	**baayAA, debre**
level, horizontal (of trail)	**terso**
light (lamp)	**batti**
load	**bhaari**
louse (plural, lice)	**jumro**
luggage (stuff)	**saamaan**
man	**maanchhe**
market	**bazaar**
mat (straw)	**gundri**
matches	**salaai**
mattress (foam, in hotel)	**Dunlop**

medicine	**aushadi**
mill (for grinding grain)	**ghaTTa**
mosquito	**laamkhuTTe**
name	**naam**
pass	**bhanjyang**
pasture	**buki, kharka**
pen (ball point)	**kalaam, doT pen**
people	**maanis**
people (members of a trek)	**membar**
pig	**sUgar, (bUgar)**
place	**ThAAU**
plate	**thaal**
porter	**kulli, baariya**
pot (for cooking)	**dekchi**
religion	**dharma**
rhinoceros	**gAIDa**
ridge	**lekh, DaaDaako Tuppaa**
right	**daayA, daahine**
river	**khola, kosi, nadi**
road	**baaTo**
room	**koThaa**
school	**iskul**
shelter (temporary)	**goTh**
shop, store	**pasal, dokan**
shopkeeper	**saahuji**
sick	**biraami**
snow	**hIU**
snow peak	**himaal**
soap	**saabun**
son	**chhoro**
spoon	**chamchaa**
stage (camp on trek)	**kamp**

stone rest spot	**chautaara**
straight (of trail)	**sidhaa, sojho**
sun	**ghaam**
things	**chij-bij**
toilet	**charpi**
town	**gAAU**
trail	**baaTo**
tree	**rukh**
trekker (on a group trek)	**membar**
tumpline	**naamlo**
uphill	**ukaalo**
vehicle	**gaaDi**
village	**gAAU**
volume unit (2½ cups, 600 ml)	**maanaa**
waterfall	**chhAAga**
wife	**jhan, shri mati, patni**
woman	**aaimaai**

Verbs

to ask for	**mAAgnu**
to ask (a question)	**sodhnu**
to boil	**umaalnu**
to buy	**kinnu**
to carry	**boknu**
to cook	**pakaaunu**
to defecate	**haaknu**
to do	**garnu**
to eat, drink	**khaanu**
to forget	**birsanu**
to fry	**bhuTnu**

to get	**paaunu**
to give	**dinu**
to go	**jaanu**
to learn	**siknu**
to look for	**khojnu**
to meet	**bheTnu**
to need	**chaahinu**
I need	**chaahinchha, chaaiyo**
to open	**kholnu**
to remember	**samjhanu**
to repeat (do again)	**pheri garnu**
to rest (a burden)	**bisaaunu**
(your body)	**aaraam garnu**
to sell	**bechnu**
to sing a song	**git gaaunu**
to sit, stay, stop	**basnu**
to succeed	**saknu**
it is possible (can be done)	**sakchha**
impossible (cannot be done)	**sakdaaina**
to teach	**sikaaunu**
to understand	**bujhnu**
to wash (face, clothes)	**dhunu**
to wash (body)	**nuhaaunu**
to work	**kaam garnu**

Adjectives and Adverbs

after	**pacchi**
again	**pheri**
all	**sab**
always	**sadhAI**
beautiful	**sundar, sundarai, raamro**
clean	**saphaa**

cold (damp, or of liquids and foods)	**chiso**
(weather)	**jaaDo**
(extreme temperature)	**ThADaa**
delicious	**miTho**
different	**arko**
difficult	**mushkil**
dirty	**phohor**
easy	**sajilo**
far	**TaaDhaa**
good	**raamro**
not good	**raamro chhaina, naraamro**
happy	**khushi**
heavy	**gahrungo**
here	**yahAA**
hot (temperature)	**taato**
(weather)	**gharmi**
(spicy)	**piro**
(climate)	**nyaano**
inside	**bhitra**
little	**ali ali**
long (dimension)	**laamo**
lot (quantity)	**dherai, thupro**
many, much	**dherai**
near	**najik**
new	**naya**
only	**maatrai**
outside	**baahira**
quickly	**chhito**
slowly	**bistaarai**
sour	**amilo**
sweet	**guliyo**

tasty	**miTho**
that	**tyo**
there	**tyahAA**
this	**yo**
for this	**yasko**
where	**kahAA**
which	**kun**

Colors

red	**raato**
yellow	**pahElo**
green	**hariyo**
blue	**nilo**
black	**kaalo**
white	**seto**

Conjunctions

also	**pani**
and	**ani, ra**
or	**ki**
because	**kina bhane**

Time

now	**ahile**
today	**aaja**
tomorrow	**bholi**
day after tomorrow	**parshi**
yesterday	**hijo**
minute	**minuT**
hour	**ghanTaa**
day	**din**
week	**haptaa**
morning	**bihaana**
early morning	**saberai**
afternoon (12:00 noon to 4:00 P.M.)	**diuso**
evening (4:00 P.M. to 8:00 P.M.)	**beluki**
night	**raati**
What time is it?	**kati bajyo**

Money

small change	**paisaa**
how much	**kati**

paisaa is the smallest unit
sukaa = 25 **paisaa**
mohar = 50 **paisaa**
rupiyAA = 100 **paisaa**

Days of the Week

Sunday	**aitbaar**
Monday	**sombaar**
Tuesday	**mAgalbaar**
Wednesday	**budhabaar**
Thursday	**bihibaar**
Friday	**sukrabaar**
Saturday	**sanibaar**

Numbers

1	**ek**
2	**dui**
3	**tin**
4	**chaar**
5	**pAAch**
6	**chha**
7	**saat**
8	**aaTh**
9	**nau**
10	**das**
11	**eghaara**
12	**baahra**
13	**tehra**
14	**chaudha**
15	**pandhra**
16	**sohra**
17	**satra**
18	**aThaara**
19	**unnaais**
20	**bis**
21	**ekkaais**
22	**baais**
23	**teis**
24	**chaubis**
25	**paachis**
26	**chhabis**
27	**sattais**
28	**aTThaais**
29	**unantis**
30	**tis**
40	**chaalis**
50	**pachaas**
60	**saaThi**
70	**sattari**
75	**pachhattar**
80	**ashi**
90	**nabbe**
100	**say** or **ek say**
101	**ek say ek**
200	**dui say**
1000	**ek hajaar**
100,000	**ek laakh**
10,000,000	**ek kaRor**
½	**aadha**
1½	**DeDh**
2½	**aDhaai**

ENGLISH LOAN WORDS TO NEPALI

These are added to the language almost daily. Surprisingly, they will be the hardest words for a trekker to understand, because the Nepali sounds are not those of the English language. I well remember trying to figure out what a "sati picket" was when a Nepali asked me for one when I was working as a doctor. What he wanted, I learned after much discussion, was a certificate!

QUESTIONS

The basic form is to inflect at the end of the sentence; that is, raise the pitch of your voice on the ending word.

ANSWERS

Nepalis either repeat the verb you have used in your sentence to indicate agreement with you (more frequent), or they use one of the following terms:

it is (definition)	**ho**
there is (location)	**chha**
please sit down, stay	**basnos**
okay (polite)	**hunchha**
okay (very polite)	**haas**
okay	**hajur**
yes	**ju**
yes	**A**

To express a negative they might repeat the verb in its negative form:

cannot get	**paaindaaina**
cannot stay	**basnu sakdaaina**
not permitted	**hundaaina**

or they might use the negative form of the verb "to be":

it is not (definition)	**hoina**
there is not (location)	**chhaina**
no	**ahA**
I don't know	**khunni**

Shaking of the head in a fluid motion can mean yes. You may initially think it means no!

THANK YOU

Westerners are always eager to thank people as part of common courtesy. While Nepali does have a word connoting gratitude **(dhanyabaad),** native speakers do not use it in the sense that we would. Thanking is not a part of their social custom. Indeed, there is ingrained a concept that if they do something for you (or anyone), the doer should be grateful to have the privilege of serving another. You may hear this word used by some trekkers along the popular trails, and the locals are becoming accustomed to hearing it and even using it sometimes, but it is still outside of their custom and they do not use it among themselves. It is best for trekkers to get used to the Nepali social custom of not thanking, except by using the English words where they are understood. Buddhist highlanders in Nepal *(BhoTiya)* do have a word (**thuDichhe** or **thuchhe**) that is used more like our "thank you," but not nearly as often.

PHRASES

No list of phrases can come close to covering all the possibilities a trekker might need or encounter. The English glosses of the Nepali words are placed below them to help you understand the construction of the phrase and to enable you to tailor the phrase you need for your situation by changing words appropriately. In a few instances, I have placed commas in the long phrases to help you know where to pause as you pronounce them. Several series of phrases only have one or two words changed to help you use them to make others. Experiment and see what works best.

ASK AND YOU WILL NOT GET LOST

What is the name of this town?
yo gAAU -ko naam ke ho?
this town of name what is

Is this the road to Malemchigaon?
yo malemchigAAU jaane
this Malemchigaon going
baaTo ho?
road is this

Where does this trail lead to?
yo baaTo kahAA samma
this trail where up to
jaanchha?
go

Which trail goes to Ringmo?
Ringmo samma kun baato
Ringmo up to which trail
jaanchha?
goes

How many hours to Those?
those-samma kati ghanTaa
Those up to how many hours
laagchha?
does it take

It will take one hour.
ek ghanTaa laagchha
one hour it will take

How many camps to Ghunsa?
(camping days for large groups)
ghunsa -maa kati kamp
Ghunsa to how many camps
laagchha?
will it take

Is there an inn at Tashigaon?
tashigAAU -maa bhaTTi (hoTel)
Tashigaon in inn (western inn)
chha?
is there

Can we get food in Ghunsa?
ghunsa -maa khaanaa
Ghunsa in food
pAAIchha?
can get

Is the trail good enough to take or not?
baaTo -maa chhirnu sakchha
road on get through possible
ki sakdaaina?
or impossible

Is this the main trail?
yo mul baaTo ho?
this main trail is

I'm scared
malaai Dar laagchha
me to fear strikes

Impossible, cannot be done.
sakdaaina
impossible

Where are you going?
kahAA jaane?
where go

Where have you come from today?
aaja kahAA baaTa aaunu bhayo?
today where from to go have

Where are you coming from?
kahAA baaTa aaeko?
where from have been coming

Can I come with you?
sAAgaai jaane?
with you go

What is the name of this town?
yo gAAU -ko naam ke ho?
this town of name what is

What is the name of the (next) town on the trail?
yo baaTo-maa kun gAAU
this road on which town
parchha?
must it be

Where is there a weekly market?
haaT bajaar kahAA chha?
market where is there

hotel
hoTel

shop
pasal

What is your caste? (ethnic group)

tapAAIko jaat ke ho?
your caste what is

(Strictly speaking, it is not polite to ask this, but it may be tolerable from a foreigner who has established friendly relations with a person. The answer "Nepali" usually indicates a low Hindu caste. You will find that as Nepalis practice their English on you, they will ask quite inappropriate questions for a casual encounter.)

The trail going left or the trail going right?

baaTo baayAA jaanchha ki daayAA?
road left goes or right

When is the next vehicle to Phedi?

phedi -maa arko gaaDi kahile jaanchha?
Phedi to next cart when go

I need three tickets to Basantapur.

malaai tin TikaT basantapur jaane gaaDi chaahinchha
me for three tickets Basantapur go vehicle need

I am going to Jomosom.

jomosom -maa jaane
Jomosom to go

Is the trail very uphill?

baaTo dherai ukaalo chha?
trail very uphill is

downhill

oraalo

level?

tirso or **samtal**

Is there motor service to Taplejung now?

ahile taplejung -maa gaaDi chalchha?
now Taplejung to vehicle moves

When does the vehicle leave Taplejung?

taplejung -baaTa gaaDi kahile jaanchha?
Taplejung from vehicle when go

I came from Ghasa

ghasa baaTa aaeko
Ghasa from have been coming

I must rest here all day tomorrow.

bholi ma din bhari yahAA aaram garnu parchha
tomorrow I day whole here rest to make must

Let's rest.

aaram garAU
rest let's make

I have to urinate.

pishaab garnu parchha
urine make must

defecate

disaa
stool

(These questions on elimination are rarely used by adult Nepalis, but are included here in case of illness or other special circumstances.)

TALKING TO PORTERS

Here are some useful words and sentences to aid in making arrangements with porters and in giving them instructions on the trail. To avoid misunderstanding later, arrange these details before setting off: the destination, approximately how many days the porters will be needed, the rate per day and whether it includes food, pay for porters returning without a load, and whether the porters have the necessary equipment, especially if you will be traveling through snow or during the monsoon.

I am going to Namche Bazaar

namche bazaar jane
Namche Bazaar go

I will need porters for one week

ek haptaa- ko kulli chaahinchha
one week for porters need

I will need five porters for two days

dui din samma pAAch kulli chaahinchha
two days up to five porters need

How much per day?

din-ko kati?
day for how much?

How much per day with food?

din-ko kati khaanaa khaaiera
food eating

How much per day without food?

din-ko kati khaanaa nakhaaiera
food not eating

Have you been to Mugu before?

tapAAI mugu-maa pahile
you Mugu to before
jaanu bhayo?
to go have

Ninety rupees without food is enough

nabbe rupiyAA khaanaa
ninety rupees food
nakhaaiera pugchha
not eating is enough

For returning, thirty rupees per day is enough

pharkaaunda din -ko tis
returning day for thirty
rupiyAA pugchha
rupees is enough

Without load

bhaari chhaina
load there is not

With load

bhaari chha
load there is

After one week

ek haptaa pachhi
one week after

Do you have warm clothes?

nyaano lugaa chha?
warm clothes is there

Do you have shoes?

jutta chha?
shoes is there

Do you have a carrying basket?

Doko chha?
carrying basket is there

Please show me your warm clothes tomorrow.

nyaano lugaa bholi
warm clothes tomorrow
dekhaaunos
please show

Go quickly.

chhito jaane
quickly go

Go slowly.

bistaarai jaane
slowly go

Walk near me.

ma sAga jaane
me with go

We will stop (stay) now

ahile basne
now stay

We will stay here.

yahAA basne
here stay

We will stop after one hour.

ek ghanTaa pachhi basne
one hour after stop

Please ask where to stay.

kahAA basne sodhnos
where stay please ask

Please ask about food

khaanaa-kolaagi sodhnos
food about please ask

We need firewood

daauraa chaahinchha
firewood need

Please cook food.

khaanaa pakaaunos
food please cook

tea
chiyaa
bread
roti

Are you hungry?

bhok laagchha?
hunger strikes

I am tired.

malaai thakaai laagchha
me to tiredness strikes

Do you want to rest?

bisaaune ki?
rest or

This equipment is a loan.

yo saamaan mero rin ho
this kit my loan is

Please give it back after using it.

kaam sake -pachhi phirtaa
work finished after return
dinos
please give

Can I get a horse here to carry me to Muktinath?

ghoDaa chaDhera muktinaTh
horse riding Muktinath
samma yahAA paaIchha?
up to here can get

Can you take me to Yamphudin?

malaai yamphudin -maa laanu
me Yamphudin to take
hunchha?
can you

We'll meet you at Tatopani in two hours

haami tatopaani -maa dui
we Tatopani at two
ghanTaa -maa bheTchhAU
hours in will meet

Don't be late, please.

Dhilo nagarnos
late not please make

We may have to travel in snow.

hIU -maa jaanuparchha
snow in to go must
holaa
probably

There are three people in our party

haamro parti -maa tin
our party in three
maanis chhan
people are

Today we will walk to Pelma.

ajaa haami pelma samma
today we pelma up to
hIDchhAU
walk

I am traveling alone.

ma eklai jaanchu
I alone go

We should stop around four o'clock.

haami chaar baje tira baas
we four bells around stay
baschhAU
will sit

It will take two hours.

dui ghanTaa laagchha
two hours strikes

My two children are traveling with us.

mero dui keTaa-keTi
my two children
haami-sAga jaanchan
us with go

Please carry the child in your basket.

bachcho Doko -maa boknos
child basket -in please carry

I want you to wash and dry the diapers.

bachcho -ko mailo kopra
baby of dirty clothes
dhunos
please wash

Wash the dirty diapers in this pan and do not throw the water into the river.

mailo kopra yo karaahi-maa
dirty clothes this pan in
dhunos ra phohor paani
please wash and dirty water
khola -maa naphaalnos
river to not throw please

FINDING A PLACE TO EAT OR STAY

Porters can be very helpful in finding a lodging for you in town, especially if they have been over the trail before. If you are on your own, try these sentences:

Where can I get food?

khaanaa kahAA pAAIchha?
food where get

There.

utaa or **tyahAA**
there

Here.

yahAA
here

Where is there a hotel?

hoTel kahAA chha ?
hotel where is

Can you cook food for us?

hami-laai khaanaa pakaaunu
us for food to cook
hunchha ki?
can you or

Please sit down.

basnos
please sit

Do you cook on a (kerosene) stove?

isTov -le ki daauraa -le
stove using or wood using
khaanaa pakaaunu hunchha?
food to cook do you

I prefer a hotel that cooks with kerosene (a very complicated phrase, best spoken in three parts separated by commas).

ma khaanaa daauraa -le
I food wood using
pakaaune bADa, maTTitel -le
cooking speaking kerosene using
chalaaune isTov -le pakaaune
moves stove using cooking
hoTel -maa, basna
hotel at staying
man parchha
like (soul strikes)

Does this hotel have a latrine?
(toilet)

yo hoTel -maa charpi chha?
this hotel in latrine is there

Can I get food in Manang?

manAg-maa khaanaa
Manang in food
pAAIchha?
get

potatoes

aalu

Where can I stay?

kahAA basne?
where stay

Is there a place to stay in Pangpema?

pAgpema -maa baas pAAIchha?
Pangpema in lodging can get

Are there people in Pangpema now?

ahile pAgpema -maamanchhe
now Pangpema at people
chha?
are there

You cannot stay.

baas paaindaina
stay cannot

Please rest.

aaram garnos
rest please make

May we camp here?

yahAA haami kamp garnu
here we camp to make
hunchha?
is all right?

Where is the toilet?

charpi kahAA chha?
latrine where is

store?

pasal
shop

May we (I) stay in your house?

tapAAIko ghar -maa baas
your house in stay
pAAIchha?
can get

Can I (we) stay here?

yahAA baas pAAIchha?
here stay can get

What days does the plane fly from Taplejung to Kathmandu?

kun baar -maa jahaaj taplejung
which day in plane Taplejung
-dekki Kathmandu -samma
from Kathmandu up to
jaanchha?
goes

How much is the ticket?

TikaT kati laagchha?
ticket how much does it strike

Your lodge is very nice.

tapAAI ko hoTel dherai raamro chha
you of hotel very nice is

FOOD

Asking for Food at the House

Do you have _____?

yahAA _____ pAAIchha?
here _____ can get

Can I get food here?

khaanaa yahAA pAAIchha?
food here can get

biscuits

biskooT

tea

chiyaa

Please cook rice and lentils for me.

daal bhaat pakaaunos
lentils rice please cook

Please do not make it too spicy.

khaanaa -maa khursaani naraakhnos
food in hot peppers not please put

I will eat later.

pachhi khaane
after eat

I will eat in two hours.

dui ghanTaa pachhi khaane
two hours after eat

Please make the tea without milk.

chiyaa -maa dudh na haalnos
tea in milk not please add

sugar

chini

Please cook potatoes for me.

malaai aalu pakaaunos
me for potatoes please cook

Can I buy food in Ghunsa?

ghunsa -maa khaanaakura kinna pAAIchha?
Ghunsa in food stuff buy can get

Is the food ready?

khaana tayaar bhayo?
food ready is

Asking for Food during the Meal

There is a fairly strict Hindu etiquette to be observed while eating. Breach of these rules is grossly insulting. It is wise, therefore, to read about Nepali customs in *Trekking in Nepal* before you venture to eat in a Nepali home.

Please give me more rice.

bhaat dinos
rice please give

vegetables

tarkaari

Please give me another cup of tea.

arko ek kap chiyaa dinos
another one cup tea please give

Give me only a little.

ali ali dinos
a little please give

It is tasty.

miTho chha
tasty it is

That is enough.

pugyo
enough

I like daal bhaat

daal bhaat man parchha
spirit becomes

Buying Food to Carry with You

Can I buy uncooked rice?

chaamal kinnu pAAIchha?
rice to buy can I

bread

roti

Please give me five maanaas of flour.

pAAch maanaa piTho dinos
five maanaa flour please give

Please give me a fire so I can cook my food.

malaai khaanaa pakaauna aago
me for food to cook fire
dinos
please give

PAYING

How much for this?

yasko kati?
for this how much

How much for food?

khaanaa -ko kati?
food for how much

the room? **baas**
tea? **chiyaa**
one day? **ek din**
one maanaa? **ek maanaa**

I will pay only seven rupees.

saat rupiyAA maatrai dinchhu
seven rupees only I give

Please give me my change.

paisaa dinos
money please give

All together, how much?

jammaai kati laagchha?
altogether how much does it strike?

All right.

hunchha

This is too expensive.

yo jyaadaai mahango chha
this very expensive is

Very well, give it to me.

la, dinos ta.
there please give (meaningless)

GETTING SOMEONE'S ATTENTION

In Nepal, people address each other using kinship terms whether they are related or not. Rather than grunting or shouting "hey you," here are some more pleasant ways of attracting people's attention. Listen and you will hear Nepalis using these terms all the time.

In addressing a person by name, it is polite to add the suffix **-ji** to the name. When in doubt as to whether the person you address is younger or older than you, use the term for the older. Nepalis use kinship terms in addressing another often. To get the attention of. . .

a man

hajur (this also means *yes, sir* and *I did not hear you*)

a man a little older than you

o daai or **daaju**
hey older brother

a woman who is a little older than you

o didi
hey older sister

a man old enough to be your father

o baabu
hey father

a woman old enough to be your mother

o aamaai
hey mother

a woman or a girl younger than you

o bahini
hey younger sister

a man or a boy younger than you

o bhaai
hey younger brother

Once you have their attention

namaste, or more politely, **namaskaar.** Translated literally, this greeting means: "I salute the God in you."

TIME

People like to ask you for the time on the trail, and if you know the first twelve numbers, you can easily answer.

What time is it?

kati bajyo
how many bells

It is two o'clock.

dui bajyo
two bells

I will go today.
aaja jaane
today go

tomorrow
bholi

now
ahile

I will stay for one day.
ek din basne.
one day stay

one week.
ek haptaa

Can we get bread early in the morning?
roti saberai pAAIchha?
bread early morning get

What day is it today?
aaja kun baar ho?
today which day is it

Today is Monday.
aaja sombaar ho
today Monday is

Tomorrow or the next day
bholi parshi
tomorrow the day after tomorrow

When are you going?
kahile jaane?
when go

TO BEGGING CHILDREN

Don't beg, it's not good.
maagnu hUdaina kharaab
to beg should not bad
kaam ho
work is

Begging is bad.
maagne kharaab chha
begging bad is

I won't give to you.
dindaina

No, you shouldn't.
hUdaina

MISCELLANEOUS

O.K. (?) (question or answer depending on inflection)
tik chha (?)
all right there is

How wonderful!
kati raamro
how much good

What is this?
yo ke ho?
this what is

What is the name of this?
yesko naam ke ho?
this of name what is

What is the name of this thing?
yo chij -ko naam ke ho?
this thing of name what is

bird
charo

animal
janaawar

tree
rukh

plant
biruwaa

How do you say "house" in Nepali ?
nepaali bhaashaa maa kasari
Nepali language in how
house bhanchha?
house say

I only speak a little Nepali.
ma ali ali nepaali maatrai
I a little Nepali only
bolchhu
I speak

I don't speak Nepali.
ma nepaali boldinA
I Nepali don't speak

I understood.
bujhE or **bujheko**

I don't understand.
bujhdinA

Did you understand?
bujhnu bhayo?

Please say it again slowly.
pheri bistaari bhannos
again slowly please say

Please say it again more simply.

tapAAIko kura sajilo
your words easy
paarera pheri bhannos
causing again please say

What has happened?

ke bhayo?
what has been?

Have a good trip.

raamro sAga jaanos
good with please go

Rest well (an appropriate phrase to say as you leave a Nepali home).

raamro sAga basnos
good with please sit

We are leaving early tomorrow morning.

haami bholi bihaana saberai
we tomorrow morning early
jaanchhAU
go

How old are you (young child)?

tapAAIko (timro) umer kati
your age how much
bhayo?
has been

What is your name (young child)?

tapAAIko (timro) naam ke ho?
your name what is

My name is Mary.

mero naam mari ho
my name Mary is

My country is America.

mero desh ahmerika ho
my country America is

How many children do you have?

tapAAIko chhorachhori kati
your children how many
chan?
are

I have three children, two sons and a daughter.

mero tin chhorachhori chhan
mine three children are
dui chhora ra euTaa chhori
two sons and one daughter

Is this your mother?

uhAA tapAAIko aamaa ho?
he/she your mother is
baabu
father?

This is my friend.

yo mero saathi ho
this my friend is
shriman
husband
shrimati
wife

You are very beautiful (handsome).

tapAAI dherai raamro chha
you very beautiful are

Your son is very handsome.

tapAAIko chhoro dherai
your son very
raamro chha
handsome is

chhori
daughter

Have you (young child) seen my traveling companions?

tapAAIle (timile) mero saathi
you my friend
dekhnu bhayo?
to see have

kulli
porters
chhorachhori
children

Did it rain yesterday?

hijo paani paryo?
yesterday water fallen
hIU
snow

Will it rain today?

aaja paani parchha holaa?
today water fall maybe
hIU
snow

I'm sorry.

maaph garnos
forgiveness please give

Can I help you?

madat diU?
help may I give

Will you help me?

malaai madat dinu hunchha?
to me help to give can you?

I am feeling fine now.

aihile bisek bhayo
now convalescence there has been

I like Nepal.

nepaal man paarchha
Nepal mind causes to become

This is a fine village.

yo gAAU raamro chha
this village good is

Where are you bringing the sheep from?

bheDo kahAA baaTa
sheep where from
lyaaune ?
bring

What is in the loads?

bhaarimaa ke chha?
load in what is

Where are you taking the loads?

bhaari kahAA samma
load where up to
lyaaune?
bring

I lost my watch.

mero ghaDi haraaiyo
my watch is lost

I am cold.

malaai jaaDo laagchha
me to cold strikes

hot

garmi

Are you cold?

tapAAI laai jaaDo laagchha?
you to cold strikes

Let's go.

la, jAAU
(**la** is a meaningless particle that is colloquial.)

What to do? (to be said when there is no viable alternative)

ke garne?
what do (a common expression)

Are you married?

tapAAIko bihaa bhayo?
your wedding has been

I came to Nepal to sight-see.

ma nepaal -maa herna aaeko
I Nepal -to to see came

see the Himalaya

himaal herna

wander

ghumna

How are you?

kasto chha?
of what sort are
(about as meaningful as the English phrase!)

Fine

sanchaai
healthy

And you?

tapAAI ni?
you (**ni** is another meaningless colloquial particle.)

I like rice and lentils very much.

ma laai daal bhaat man
me to lentils rice mind
paarchha
causes to become

I don't like meat.

malaai maasu man
me to meat mind
paardaina
doesn't cause to become

Does the dog bite?

kukur tokchha?
dog bites

Do you want to go to Jomosom today?

tapAAIlaai aaja Jomosom-maa
you for today Jomosom to
jaanu man laagchha?
to go mind strikes
(Either **man paarchha** or **man laagchha** are heard, and mean the same.)

I follow the Christian religion.

ma kristiyan dharma maanchhu
I Christian religion accept

What religion are you?

tapAAIko dharma ke ho?
your religion what is

Are you Buddhist

baaudha dharma maanu
Buddhist religion accept
hunchha?
do you

Don't worry.

dukha maandaaina
pain don't acknowledge

May I please take a picture of you?

tapAAIko phoTo (taswir)
your picture
khichU?
may I take

Can you sing a song for me?

mero laagi git gaaunu
my sake song to sing
hunchha?
can you

Is there someone who can dance for me?

mero laagi kasaile naachnu
my sake anybody to dance
sakinchha?
can

I like your music.

tapAAI baju bajaune man
you song play like
paarchha
strikes

EMERGENCIES

I am sick.

biraami chhu.
sick I am

I have diarrhea.

malaai dishaa cherchha
me to stool runs

fever

joro laagchha
fever strikes

My foot hurts.

mero khuTTa dukhchha
my foot hurts

stomach

chhaati

chest

peT

My friend is sick.

mero saathi biraami chha.
my friend sick is

Where is a hospital?

aspital kahAA chha?
hospital where is

police post?

Thaanaa

army post?

aarmi berik

district headquarters?

sadar mukaam

radio? (two way)

aabaa

airstrip?

hawaai jahaaj giraund

I have a message to be radioed to Kathmandu.

kaaThmaanDu -maa pathaaune
Kathmandu to to send
samaachaar chha
message there is

Please send the message now.

ahile samaachaar
now message
pathaaunos
please send

Please take it to Namche.

namche -maa puraaidinos.
Namche to please take

I need a person to carry me.

ma -laai bokne maanche
me for carrying man
chaahiyo
need

Please carry me to Shyangboche.

shyangboche -maa malaai
Shyangboche to me
boknos
please carry.

Questionnaire for trekkers in Nepal

If you have trekked in Nepal, feedback on how you trekked, and on how you used the information in *Trekking in Nepal* and in this phrase book, can be used to improve future editions. Don't feel you have to answer every question. For a group, answer for yourself and add information on other members where you can. If you include your name and address, I will send you a summary of the responses. As well, if your information is used in a future edition, I can credit you. **Please print** answers.

— Stephen Bezruchka

WHERE AND WHEN AND HOW LONG

Where did you trek? List your itinerary, and how long the trek took.

_____

_____

_____

_____

Did you ride a bicycle on the trekking trails? _____ Did you enjoy the experience? _____

Did you attempt to climb a trekking peak? _____ Which one? _____ Did you summit? _____

Did you raft a river? _____ Which one? _____
Did you enjoy the experience? _____

_____

When did you trek? _____

Was this your first trek? _____If not, how many times have you been here before? _____

Group Details

Trekker	Age	Sex	Height (cm/feet, inches)	Weight Before Trek (kg/lb)	Weight After Trek (kg/lb)
1					
2					
3					
4					
5					
6					

AGENCY HELP, AND LOGISTICS

Did you trek independently? _____ Through an agency? _____

Did you arrange your trek with an agency in your home country? If so, which one? _____

Were you pleased with their service? _____ If not, why?

_____

_____

Would you go with a home-based agency again? _____

Did you use a Nepali Trekking Agency? If so, which one?

_____

Were you pleased with their service? _____If not, why?

_____

_____

Did you arrange trekking services upon arrival in Nepal? _____ or beforehand? _____If beforehand, did you fax communications _____, phone _____, or use letters? _____

How was your experience in arranging it beforehand? _____

_____

Would you arrange a future trek with an agency in Nepal? _____

Did you use an agency because you felt it would be too difficult for you to travel independently? _____ If so, do you still feel it would be too difficult? _____

Estimate of your daily costs, per person _____

USEFULNESS OF GUIDEBOOK

Did the book *Trekking in Nepal* prepare you adequately? _____
If not, what information was lacking? _____

_____

Would you recommend it to others for their treks? _____

What parts of *Trekking in Nepal* did you find useful? Please indicate usefulness by numbering from 1 (least useful) to 3 (very useful), or × (didn't read). Additional comments would be helpful.

Section I (ABOUT TREKKING) _____
Chapter 1 Trekking Styles _____
Chapter 2 Choosing a Trek _____ Summary of Treks _____
Spreadsheet on Treks _____
Chapter 3 Preparations _____ Equipment List _____
Chapter 4 Interacting with Nepal _____
Essential Do's and Don'ts _____
Chapter 5 Health Care _____

Section II (THE ROUTES) _____

_____

Trail Profiles _____ Maps _____

Section III (COUNTRY AND PEOPLE) _____
Chapter 12 Natural History _____
Chapter 13 Hill and Mountain Peoples of Nepal _____

Appendices _____
A Addresses _____
B Further Reading _____
C Questions to Ponder while Trekking _____
D After Trekking in Nepal, What Next? _____
E Activities Related to Trekking _____
Nepali For Trekkers _____

Are there sections of the trail descriptions that are unclear or wrong? Please give specific details. _____

What other books did you find helpful? _____

CROSS-CULTURAL MATTERS

Did the women in the group wear skirts? _____ long pants? _____ shorts? _____ (Indicate whether sometimes, all the time, or not at all)

Were there any customs or ways of doing things that you found difficult? _____

Are there any anecdotes, or cross-cultural information, that you would like to share? _____

How did you deal with begging children? Ignore them _____, give them something _____, try speaking to them or their parents _____, other _____

What practices, not mentioned in the book, did you do that you felt made you a more culturally and environmentally aware trekker? _____

EQUIPMENT

What useful equipment did you bring? _____

What equipment did you wish you had brought? _____

What equipment was not useful? _____

HEALTH

Did you have any serious health problems on the trip? _____
Did you have to turn back because of health problems? _____
Details _____

How many days were you or your group not able to trek because of illness or injury? _____ Please give details and reasons. _____

If you required evacuation, how was this done? _____

(See Medical Conditions box on next pg.)

Did members of your group have any of the following pre-existing medical problems before coming on the trek? Put an × in that box. Did they take any medicines for them? If so, write in the medicines at the bottom of the column for that trekker. If you don't know about others, please fill it in for yourself.

Conditions Trekker No.	1	2	3	4
Age				
Asthma				
Chronic bronchitis or emphysema				
Diabetes requiring insulin				
Heart problem—angina				
Previous heart attack				
Previous coronary artery bypass surgery				
Hypertension (high blood pressure)				
Psychiatric illness requiring anti-depressants, lithium, or anti-psychotic (major tranquilizer) drugs				
Seizure disorder (epilepsy)				
Ulcerative colitis, or Crohn's disease				
Peptic ulcer (stomach or duodenal ulcer)				
Medicines taken by that trekker				

Any further details that you consider noteworthy regarding these health problems and their impact on the trek? _____

_____

Did you always drink purified water? _____ or did you sometimes drink from local streams or taps? _____
How did you purify your water? Iodine tincture? _____ Iodine crystals? _____ Chlorine tablets (Halazone®)? _____
Boiling? _____ Filter? _____ Which kind? _____

What altitude did you ascend to? _____
Did altitude illness prevent you from completing your itinerary? _____
Did your group carry a Gamow bag _____, or oxygen? _____
Were either ever used, and how effective were they? _____

_____

Were there any serious psychological or emotional problems encountered by any members of your trek? _____How did you treat them? _____

_____

Did you suffer from any significant illness or injury that was not covered in the book? How did you treat it? _____

_____

_____

Did you carry any useful medicines that weren't mentioned in the book?

_____

_____

WOMEN

Were there any pregnant women along? _____Any particular problems associated with the pregnancy? _____

_____

Did you have a period while you trekked? _____
Did you miss a period while trekking? _____
Did you get pregnant while trekking? _____
Did you get a vaginal yeast infection while trekking? _____
Did you get a urinary (bladder) infection while trekking? _____
How did you deal with hygiene problems?_____
Did you not wear underpants, while in a skirt? Did this let you urinate discretely? _____

GENERAL INFORMATION

Do you plan to return to Nepal again? _____

How would you like to see this book improved? _____

_____

_____

_____

_____

NEPALI FOR TREKKERS

Did you study the language before going to Nepal? _____ If so, did you listen to it while driving? Yes _____ No _____ On a personal headset? Yes _____ No _____

Did you use the language tape only? _____the book only? _____ Both? _____

Did you carry the booklet in Nepal for convenient access while you trekked? _____

Did you contact any Nepali speakers before you went to Nepal? _____ If so, how? _____

Did you arrange any lessons or make use of any other resources for language instruction in Nepal? _____

_____

What phrases or words would you like to have had in the language material? _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Would you like to have the language tape phrases spoken more slowly? _____ more quickly? _____

Other suggestions for improvement? _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Please send the completed form (tear it out from the book if you can) to:

Trekkers Questionnaire
Mountaineers Books
1011 SW Klickitat Way, Suite 107
Seattle, WA 98134, USA

Your name and address (optional)
Name _____
Street _____
Town, State _____
Postal code _____ Country _____
Phone _____

Thank you very much for taking the time to share your opinions and ideas.

NOTES/ADDITIONAL COMMENTS